

## **Practice Frameworks**

Considering the complexity of humans and their life situations, there are numerous ways to approach issues that may arise in clients' lives as a social worker. Practice frameworks are important in the field of social work because they enable professionals to view situations from more ethical and evidence-based lenses. Frameworks provide a guide to professionals in how to go about providing services to clients in a variety of situations.

In order to begin developing a practice framework, I looked at different social work practice models that are evidence based and frequently utilized. I chose three models to focus on and integrate into my practice while completing my practicum at Parkridge Valley. I will briefly summarize each model and the way it was applied to this work environment. I will also discuss the benefits and limitations that I observed while the model was applied to this work environment.

### **Problem Solving**

Problem solving is one model commonly utilized by social workers. Within this model, social workers seek to help clients discover their own solutions to problems. The goal is to work with clients in such a way that will equip them with problem solving skills that they can then apply to present and future problems that arise (Simmons University, n.d.). Thereby, clients do not become dependent on practitioners or others to problem solve for them. This model also supports the right of clients to self-determination. When working with adolescents at Parkridge Valley, it is important to support them in learning how to problem solve as much as possible. When patients face challenges, they write them down to process the issues later with their social workers. The social workers ask questions and challenge viewpoints in order to help patients find solutions. This is beneficial to the patients in that it challenges them to think and problem solve

in ways that they may not have been practicing before. In this way, patients are encouraged to mature and develop their problem-solving abilities. However, it is not always effective for present issues because some patients lack the insight in order to come to appropriate solutions.

### **Task-Centered Practice**

Task-centered practice is basic approach to working with people that social workers have practiced in many different settings over the years. It consists of having clients set specific, measurable goals that can be reached. Practitioners work with clients to determine how clients can go about reaching goals and eventually evaluate the outcomes of efforts made with clients. Within hospitals, this often is practiced in creating treatment plans (Kelly, 2013). At Parkridge Valley, the social workers utilize task-centered practices with the patients by having them write down personal goals every day. Along with the goals, the patients write down how they will accomplish the goals they have chosen. Then there is a Goals Group where patients are given the opportunity to share their goals and how they will reach them. The benefit of having the patients do this is that it encourages these adolescents to practice creating personal goals. The limitation of this practice is that I often observe patients rushing through this process since it is something they do daily. The frequency along with making this a requirement may take away from the meaning of the goals that the adolescents set.

### **Cognitive Behavioral Therapy**

Cognitive behavioral therapy (CBT) is another approach that social workers use when working with clients. This model is a form of psychotherapy that specifically looks at the interplay between thoughts, feelings, and behaviors. Clients work to change negative patterns of thinking, especially when facing challenges or when negative thought patterns lead to negative feelings and behaviors (Mayo Clinic, 2019). At Parkridge Valley, there is a CBT Group every

week where skills from this model are taught and practiced. The social workers also utilize this approach when meeting one on one with patients. Using CBT can be extremely effective in teaching the patients to think in a healthier way. I have observed patients improving in the way that they view situations by practicing what they have learned from CBT. However, the patients do not always have the motivation to put forth the effort that it will take in order to benefit from this model.

Having an understanding of evidence-based approaches to working with clients is essential within the field of social work. Social work models give a framework that promotes work that is ethical and effective. While protecting clients, utilizing a framework that is backed by evidence also supports the decisions of practitioners. The core values of social work are also promoted by social work models. Learning, observing, and applying different social work models has been helpful in developing a practice framework while at Parkridge Valley. Integrating these models gives me a guide for working with the patients. Since each model comes with different strengths and limitations when working with this population, it is helpful to integrate multiple models into a practice framework. As I become more seasoned as a social worker, I will learn how to apply different aspects of models to different situations more adeptly.

## References

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